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# REST

*Rest from your Worries*

*An Algorithm to the Problems*

*Peace from the Storm*

*Comfort from the Chaos*

The purpose of rest is to feel the effortless, peaceful presence of a serene comforting joy. It is a subtle kind of feeling. A soothing sense of translucent tranquility that embarks upon an emotion of resolve, it is an accomplishment of relief. It is the time to put everything on hold, to take time to regroup, and regenerate the energy you need to stabilize your body chemistry. The body responds to emotions based on the chemical presence within. The fuel that feeds your body chemistry, is action and reaction to internal and external factors. Foods and elemental components are all contributing influences. The reactions to stress and comfort are just one way the body creates the caveats to help maintain balance.

The way you achieve your balance is essential to your health. You will find healthy ways to maintain your body's energy level by expressing your emotions. Emotions are the body's way of exposing the internal components. It is the telltale signs of what makes you tick. We all have ubiquitous feelings, reactions, and behaviors to emotions, but there are also feelings that are inimitable. Unique to our persona based on our body's chemistry. It is the resilience we have found in a peaceful comfort of knowing how to rest from our labors. The mental and physical aspects with the rewards for being able to put your body to rest are exceptionally rewarding. A body at rest is a body with peace.

Most of the petulance we experience is due to the inability to take a rest from the worrisome burdens of life. It is the inability to put life on hold and take some personal time for you to enjoy the benefit of doing whatever it is you want to do to help you achieve rest. The value in the ability to enable your body to be replenished is essential to living a healthy life. These are the factors which allow you to be resilient.

The symmetry in life is stemmed from a list of checks and balances to help keep you in line with the comforts of peace and joy. The way you achieve your self-analysis is based on evaluating yourself through routine, behaviors in life, and of course your priorities. The ability to do nothing, is inconceivable for some people. Therefore: it is important to establish what makes you function, and not just function, but function well. What motivates and inspires you becomes apparent and relevant when you are refreshed.



Sometimes, it is a busy schedule with limited time to enjoy your life, until someone points out the fact that you need to take some time for yourself. Is it the inability to express what you are feeling; therefore, you have a hard time achieving the peace in rest? It is possible to relax and not feel rested when you have not totally let go of the stress.

The circumstances of life become overwhelming when there is no time or place to discard these feelings, they ultimately emerge as anxiety. If relief does not come in the form of nurturing and expressing, those emotions remain bottled up inside, building up a fortress, ultimately averting the ability to be cognizant of the real emotions. They create walls and barriers. These feelings make it impossible to reach the hierarchy of rest, peace, and proper relaxation. This is similar to resting without achieving (REM), rapid eye movement sleep, which is achieved at various stages of brain function. REM improves concentration and has a myriad of other benefits in the brain and the body. The frustrations stemmed from not being able to solve a difficult problem rest in the fact that you have not fully allowed your body to rest therefore it does not have the mental capacity, the cognitive energy it needs to develop the analytical proponents required to enforce the critical thinking aspects in the amygdala region of the brain.

Most people find it difficult to come to odds with their feelings; therefore, they find ways to express their emotions by overcompensating in other areas. Guilt is one of the major components to feelings that are derived from a person who has not fully expressed their emotions; hence, they cannot achieve rest.

**Guilt** – There are some who feel guilty for taking time off to do something for themselves because they do not feel worthy. They do not truly feel that they deserve to live life to the fullest. They have not fully understood their self-worth (value). Priorities have a lot to do with this kind of approach. The ability to establish priorities and putting yourself at the top of your list is not narcissistic. It is okay to feel that you are worthy of doing or receiving something good for yourself.

**Nurturing** - Nurturing yourself is important. It is perfectly fine to determine what it is that you need to be happy and establish a plan to get there. It may be that this exercise is the thing that can help bring you comfort, peace and joy

and that will help you enter your rest. Working towards rest is realizing that you need it. Establishing a plan to achieve it is the pathway of realizing your value. Knowing what you need and identifying with your needs is vital. Your body will dictate what you need to bring it rest, do not ignore it. Every situation requires an approach which ascertains how well you have developed your reasoning skills. Your ability to reason well is stemmed from perspective generated by a healthy energetic mind. Stimulating your intellect is established by exercising your problem-solving skills. The dexterity developed in this area is largely predicated upon the body's ability to have a clear, fresh approach. This enables you to see things clearly.

**Expressing** - Expressing the way you feel is based on your agility. The capacity to express yourself effectively is largely predicated upon development of emotions. This is based on the truth of who you are. You must be in touch with your feelings to know how to express yourself. How you will be perceived does not always have to do with how you express yourself, it is most often based on who you are as an individual. The way you have learned to approach life and the circumstances that occur, are entirely based on how you perceive yourself. Your level of confidence will depict a version of you that a thousand words could not express. What you know about you, will determine how you project yourself. It becomes a banner that you wave to the public, and they respond based on what they see and what they know about you. This is one way an image is formed. Most people either live up to their image or form a new image based on whether they reject or accept the formed opinion of themselves. The image ascertains how well you communicate with others. In other words, you feed off each other's projections. The projection image phase is based on who we are as individuals this encompasses self-esteem. The self-worth was initially developed early in the beta stages in growth during adolescence, and later transformed or enhanced based on life experiences. Factors such as belief systems, dogma are primary components to developing who you are as a person. The belief system is paramount in developing a healthy self-image. Your image has an expression that is reflected in communication which can occur physically, mentally, or spiritually. The transcended message conveyed spiritually can occur by mere presence; demonstrated in a metaphysical state of existence. This is commonly referred to as an energy existence in which you feel a presence prompting a behavior.

The energy may or may not be based on a physical presence such as visual matter or substance. Einstein spoke of this with the creation of  $E=mc^2$ , describing, light, speed, and energy producing matter. God spoke of the presence of the holy spirit with an energy through a spiritual presence generally appearing through a form of meditation on the doctrine of Jesus Christ, Jehovah God or through belief and faith. This is a peaceful rest that comes over you in a presence you cannot see but you can feel. A satiated rest from being in God's presence.

There is also the ability to experience rest mentally. This is transcending oneself to a place where they may feel at peace through desired thoughts, more tranquil thoughts. Being in a happy place. A happy place for you may mean thinking on the ideal vacation or remembering a time when you really enjoyed yourself. Ideally thinking on God, in a form of meditation can help obtain the optimum blessings. Sometimes, just take the time to put everything else to the side and meditate on God, this can eliminate the negative forces. Matthew 6:33 "But first seek the kingdom of God and His righteousness and all these things will be added unto you." Mathew 6:31-32, "Therefore do not worry saying, 'What shall we eat?' 'Or what shall we drink?' or 'What shall we wear?'" For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things." If He has a hope for your future, for you to prosper and be in good health, it is clear that, He is truthful to His word. It is rejuvenating to know that I can breathe, it is taken care of. I just spoke, through prayer, to the one who cannot lie, He has all power. He promised me that He will help me if I ask. Now that makes me happy. Refuse to see anything else but victory. When doubt comes rebuke it, in the name of Jesus Christ.

***Nesting*** – The nesting phase of our life is apropos to the circumstances developed in response to our behavior. Comfort is stemmed from the nesting phase. It depicts how we feel nurtured. Nesting occurs at the place where we reside. It is the place where you totally feel at home. It is where you express who you really are. Your home should reflect you. If it does not, it becomes annoying and frustrating because you need to express who you are and the place where that is possible is the place of your own, a home. The real you are typically expressed at home because it is where you feel safe. It is safe to

reveal who you are. It is safe to illustrate you. Your taste, style and stages of your life are usually depicted in your home. The life you had as a youth, the growth stages and up to the burgeoning stages are revealed in a home setting. It is the real you, being exposed because you feel safe and comfortable.

Nesting in rest in the place where you want to be. We all want to be at a place where we can receive exactly what we want the way we want it. Utopia. God's plan for our life is utopia. We were supposed to experience the blessings of life by living life. The enemy, who is Satan, often emerges in the form of stress, excessive pressure, burdens, and hurdles to avert you from achieving the optimum life. What do you do? Pray. Prayer will deliver you from the hassles of life when you develop a relationship with God. Reaching out to God and asking Him for help will render the help you need and the help you are asking for. There is a difference between what you ask for and what you need. Many times, what you need, you may not be cognizant of, instead, you ask for only a portion of what you need. Well, the good news is in Matthew 6:8, it tells us, "God knows what you have need of before you ask." He is working fervently to get you to the place where you can trust Him with every part of your life. The faith in God's word is where it begins, God states in Jeremiah 29:11 "For I know the thoughts, that I think toward you, says the Lord, thoughts of peace not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me and I will listen to you." 3 John 1:2, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." He hopes that you would receive good things. He wants you to prosper and be in good health even as your soul prospers. That is the right entity, to have on your team. When building up your strength, you want to have full access to the things that build strength and add value, constantly. Now when you begin to align yourself with the right forces which produce the proper energy to render the necessary success and rest, you will experience what God refers to in the word in Psalms 1:3 "you will be like the tree planted near the rivers of waters that brings forth its fruit in its season, whose leaf also shall not wither and whatever you do will prosper." These are the first steps in receiving the hierarchy to rest and peace. Peace in your health, peace in your finances and relationships is not having to worry. You can check these things off your list and consider them satisfied because you have mastered them at this point. The key is to keep up the momentum, by sustaining this fecundity.

The sanguinity is established because you are holding on to the right things and when you have the confidence and faith to realize that it is impossible for it to fail there is peace. You must keep reminding yourself that it is possible to rise above the circumstances which block the life that was intended for you. The gift of living life. Existing is not living. You were not intended to just get along but live at peace with joy and happiness. This is rest.

**Ideas** - Utilizing the time to create better ways of relaxation is another way of resting. Find a Christian story that will enable you to be encouraged. Something that will encourage or empower you. A story you like. For example: The story of Gideon how God delivered Gideon from the Midianites. This story depicts victory. If that is what you need to feel to help overcome the Midianites in your life, it can help remind you that God can also give you victory. This is the intention of the bible stories are to inspire you. To let you know that you can also achieve victory over the negative circumstances in your life. The entire bible deals with victories and defeat of the adversary. Your adversary is the devil who loses every battle if you are fighting with the word of God. God defeated the devil long before you came along, and the bible is a constant reminder of how it is achieved. Victory can be yours.

**Meditating in God's word** - Select a scripture that will enable you to find peace. "Think on these things, I like to call them the "whatsoever prayers in the holy bible, are where these scriptures can be found." Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things."

The things that influence your thinking are peer pressure, people, places, and things. The best things in life were created in the beginning. In the beginning was the word and the word is God. If you can hang out with anyone, who would you choose to hang out with? Your selection of people you choose to spend time with is an indication of who you are as a person, and where you plan to go in life. If you choose to spend your time with powerful people, you should choose God, who has all power. If you choose to spend time with influential people, you should choose God, He has the power to place the right people in your life. God can escalate you beyond your peer group. In fact, your peer group should include God, Jesus Christ your savior. He has the

power to make everyone love you or everyone hate you. He has the power to give you favor or “Behold I have created the blacksmith who blows the coals in the fire. Who brings forth an instrument for his work And I have created the spoiler to destroy?” If you choose to be successful you begin with aligning yourself with the tools to achieve that goal. First thing is God. Second thing, the holy bible, third thing pray for God’s plan for your life, this helps keep you grounded and centered. Start incorporating the components that will navigate you to the success you aspire to obtain. The rest is faith in God that He has the power to achieve what you dream, and that He will provide what He has promised you. To help you achieve your goal because you are faithful to Him in what you do. Your obedience is essential in obtaining, favor, rest, and success. When you want an opportunity, it is easy to look to people for the opportunities, it is God who gives the opportunities, take your eyes off them, and put your eyes on Him, then you will experience the blessings that will come to make you a success. If your opportunities come from any other place, they will be short lived and not the best ending. God is the only one who can truly provide what you need. Proverbs 10:22 “The blessing of the Lord makes a person rich and adds no sorrow with it.”

I encourage you to look them up the “whatsoever prayers” *“Finally, brethren, whatever things are true, whatever things are noble whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy- meditate on these things.”* because there are other related scriptures that will empower you in the same book. Phillippians 4:9 “The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.” Phillippians 4:9 “I can do all things through Christ who strengthens me.”

The Jabez prayer, God enlarged his territory in 1 Chronicles 4:10, “Oh that you would bless me indeed and enlarge my territory that Your hand would be with me and that You would keep me from evil, that I may not cause pain?” So, God granted him what he requested.



The prayer of prosperity. Psalm 118:25 "Save now, I pray, O LORD; O LORD, I pray, send now **prosperity**." There are a myriad of prayers to help encourage you, to give you hope and to take you to a new level of faith. Learn to utilize your tools, it can be the saving grace you need.

**Feelings of hope** -will become evident when you start to see the blessings of the Lord through scriptures such as; "the effective fervent prayer of the righteous avails much." James 5:15-16. "And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. Being forgiven of sins, is being cleansed from sin, which ushers in the joy of the Lord and the ability to live a fruitful life. This can be conditional. We realize the conditional state of joy based on the life of Lot, who was considered a righteous man who dwelled in an unclean place; therefore, he was in an unhappy place. Vexed daily by the ungodly. 2 Peter 2-7 His constant prayer to God regarding his condition is what ultimately led to the complete destruction of the sinful place, the cities of Sodom and Gomorrah. God did not ignore him and leave him there to experience a hard life, at an extremely sinful place of torture. He heard the prayer of a righteous man and delivered him.

**Repentance** through the sinner's prayer Romans 10:9 "If you confess with your mouth, that Jesus is Lord, and believe in your heart :1that God raised Jesus from the dead you will be saved." And get baptized. Mark 16:16 "Whoever believes and is baptized will be saved, but whoever does not believe will be condemned."

Repentance is much different than accepting Jesus Christ as your personal Lord and Savior. You are capable of sinning even as a Christian. This is the purpose of Jesus Christ and the blood shed on Calvary, without the atonement for our sins it would be impossible to live a saved life. Jesus Christ is the new covenant that replaced the old covenant through Moses and the tabernacles, (the ten commandments). Whether you are a Christian or not you must repent from sin to be forgiven. Forgiveness of sin is when you can receive rest. Therefore, the day called "Today" was created to provide rest when it was otherwise removed due to the stubbornness of the hearts of the people. The grace of God will not always be available. Take advantage of the gifts of life while you can.

*Hebrew 3:13 "But exhort one another daily while it is called "Today" lest any of you be hardened through the deceitfulness of sin. For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end. While it is said: "Today, if you will hear His voice. Do not harden your hearts as in the rebellion." "For who, having heard, rebelled? Indeed, was it not all who came out of Egypt, led by Moses? Now with whom was He angry forty years? Was it not with those who sinned, "whose corpses fell in the wilderness? And to whom did He swear that they would not enter His rest, but to those who did not obey? So, we see that they could not enter in because of unbelief.*

*Hebrews 4:1 "Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it." For indeed the gospel was preached to us as well as to them: but the word which they heard did not profit them, not being mixed with faith in those who heard it. For who have believed do enter that rest, as He has said: "So I swore in My wrath, they shall not enter My rest." Although the works were finished from the foundation of the world. For He has spoken in a certain place of the seventh day in this way. "And God rested on the seventh day from all His works., and again in this place "They shall not enter My rest." Since therefore it remains that some must enter it and those to whom it was first preached did not enter because of disobedience, again He designates a certain day, saying in David. "Today" after such a long time, as it has been said: "Today, if you will hear His voice Do not harden your hearts." For if Joshua had given them rest, then He would not afterward have spoken of another day. There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His. Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. For the word of God is living and powerful and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. "And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.*

You see, we are supposed to live a life of peace and rest, although there are specific steps you must take to achieve it and sustain it. We were designed to be at rest. The storms and the distractions of life can interfere with the quality of life and if you are not aware of what to do to get it back or how to achieve it you will not receive it.

**Required:** It is required to maintain good works. Titus 3:14 “And let our people also learn to maintain good works, to meet urgent needs that they may not be unfruitful.”

*The wonders of rest are enduring and special. They possess the ability to render a unique quality of life that is deserving of those who fully understand their worth.*

## What Is Rest

Rest is a time when you can fully receive the peace that surpasses all understanding. Rest is a time to be relieved of stress, hardship, worries, burdens, and life’s complications. It is the existential essence of an epiphany. When life continually works for you in everything you do, as in Psalms 1:3 “Blessed is he that walks not in the council of the ungodly nor sits in the seat of the scornful, but delights in His word night and day, and he shall be like a tree planted near the rivers of water that brings forth its fruit in its season that *whatever you do shall prosper.*” That is when you have entered your spiritual rest.

There is the time when you can be free from work, other than the work of the Lord. The time of jubilee. A time of perfect harvest. A rewarding fecundity. We know the bible specifically speaks of the year of jubilee. The year of rest, to rest from debt and work, but we are exploring the concept of entering God’s rest. God’s rest can be obtained even when you are required to physically work in your trade, profession, or job. It is the mental state of peace and satiation. The place where your amygdala in the region of the brain is releasing endorphins due to the ability to experience fulfillment. The heart now has the adrenaline it needs to produce healthy blood flow. The body is interconnected, relying heavily on each component to keep proper balance. The adrenal glands produce the epinephrine by a group of neurons in the medulla oblongata, which increases blood flow to muscles. Since the endorphins affect the hormones and the nervous system your state of rest can be obtained by sustaining a level of tranquility.

Can you imagine the time in life when there is a perfect existence? I know it seems as if this is an imaginary idea, although; the life intended for us, God's people, the people of Christ Jesus, was truly meant to be one of blessings and peace. The afflictions were even meant to be subtle, but; victorious. The trials and tribulations were meant to make us stronger and to develop our faith, not to attenuate us to the point that we lose faith and live a life of despair. It was not meant to burden us down and make us doubt whether it was ever worth it. The bible tells us that many of the men and women of God experienced pain and suffering for the gospel of Jesus Christ. The early apostles paid a dear price, from Steven the martyr to Paul the apostle, they suffered to introduce and spread the good news. In the biblical times, Paul vocalized his feelings in Philippians 1:18-26, when he expressed these emotions in this quote; *"But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice, for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. I eagerly expect and hope that I will in no way be ashamed but will have sufficient courage so that now as always Christ will be exalted in my body whether by life or by death, for to me, to live is Christ and to die is gain. If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know. I am torn between the two: I desire to depart and be with Christ, which is better by far; but it is more necessary for you that I remain in the body. Convinced of this I know that I will remain, and I will continue with all of you for your progress and joy in the faith so that through my being with you again your boasting in Christ Jesus will abound on account of me."* When you compare the two to be with God or to be with man it is an obvious choice, although; we all have a job to do while we are here, on earth, that is to do the will of God. When He is ready, He will come back for you. He leaves the ninety-nine to not leave one behind. Luke 15:4, "What man of you, having a hundred sheep, if he loses one of them, does not leave the ninety-nine in the wilderness and go after the one which is lost until he finds it?" "And when he comes home, he calls together his friends and neighbors saying to them rejoice with me for I have found my sheep which was lost." "I say to you that likewise there will be more joy in heaven over one sinner who repents

“than over ninety-nine just persons who “need no repentance.” This world can be a wilderness, we need the hand of God to sustain us.

The world is not a roller coaster, nor should your life be one. The place of a believer is one of faith, love, and joy. The place where your life can exhibit the hope with faith in Christ Jesus through a myriad of experiences. Some of life experiences will be good and some not so good, but certainly, not a life of torment and constant pain. God expressed this in his word when he stated in Psalms 34:19. “many are the afflictions of the righteous, but God will deliver us out of them all”. God does this to demonstrate His power and to illustrate His word, through the Holy Bible. The word, which is God is demonstrated through this existence because often this is the introduction of God and other times it is the only bible a person would have ever read, the manifestation of His word through circumstance, until they witnessed the power of God through deliverance. Through prayer there is deliverance, sometimes it is when a person finds the strength to pray out of desperation and hope. That hope quickly turns into faith and that is their introduction to God. At those times when the only one who can help is God is when your faith is developed and relationship with Jesus can be built. The people who direct you in the path of God are often His vessels. Used of God to exhibit His power in faith, which is transposed into action with positive results. God is a God of order. All things must be in godly order in His truth. That is when the symmetry of His goodness will bless the land.

A place of torment is not of God and is on the brink of destruction. Let us look at Sodom and Gomorrah and the Lord’s servant Lot. He realized he was not at a good place when the physical place did not match the spiritual place where he knew he belonged. Prayer led him to the reality that the place was not worth saving because the people were so far gone, they could not acknowledge their evil deeds. They vexed Lot, who God called a righteous man, day and night. He realized it was time to go, therefore he called out to God explained the situation and essentially asked for a righteous place where righteous people dwelt. God began then answer Lot’s prayer. Prior to doing Lot asked if there 50 would God save those 50 and he went down the line until the only righteous people worth saving were his family. God adhered to his request. Understanding the difference is the key to life. Lot could have stayed



in Sodom and Gomorrah and believed that that was as good as it gets., but having faith he knew, based on the knowledge of God and His word that there was an intended life of rest meant for him and he was eager to obtain it.

The wisdom of God will reveal the truth. Steven remained where he did not belong to his demise. He did not realize that it was a time to pray for deliverance from evil. He became a martyr, by attempting to save those who were already condemned. The evidence of that fact is that he was stoned to death in the street. The people certainly were not going to receive a trophy for that one. They will be punished for every righteous, prophet who was killed since the beginning. In Luke 11:47 "Woe to you! For you build the tombs of the prophets, and your fathers killed them. In fact, you bear witness that you approve the deeds of your fathers: for they indeed killed them, and you build their tombs. Therefore, the wisdom of God also said, I will send them prophets and apostles, and some of them they will kill and persecute. That the blood of all the prophets which was shed from the foundation of the world may be required of this generation from the blood of Zechariah who perished between the altar and the temple. Yes, I say to you, it shall be required of this generation." God is speaking to the people in that place of torment. How can you tell? The place of every believer should be a place of peace. The peace of God surpasses all understanding. In Philippians 4:6-9 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving let your request be made known to God; and *the peace of God*, which surpasses all understanding will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy- meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you." If that does not match your life, start to examine yourself to determine if your life aligns with the word of God. Are you following Him? If you are there are direct promises you can count on. For example, are you paying your tithes and offerings? If so, you realize, according to Malachi 3:10 you should expect blessings that you will not have room enough to receive. If the enemy is putting anything else in your mind through worry. It is a defeated lie from the pits of hell. Rebuke it in the name of Jesus, that evil, must flee.

Now there are a few other things to consider. What if you are paying your tithes and offerings, but you are doing other things, such as fornicating, committing adultery, lies, cheating, stealing, killing, gossip, back biting, bearing false witness against your neighbor, not honoring the sabbath, coveting? Not honoring your father and mother. Any of these things can counter your blessings, although; if you are doing any of these things you probably are going to start to renege on your tithes and offerings, or perhaps they are defiled funds you are attempting to give to Christ, He will not take them. If the money you give to God is from a defiled source, from theft or covetousness, perhaps blood money, gambling, it will not be considered by God. He will not defile His holy place with filthy lucre. The sin of one area will open the door to other sin, hence; causing you to relent on other godly standards, thus; building strongholds. Let us go back to Malachi 3:10 which reads; "Bring all the tithes into the storehouse, that there may be food in My house. And try Me now in this Says the Lord of hosts If I will not open for you the windows of heaven and pour out for you such blessings that there will not be room enough to receive it. And I will rebuke the devourer for your sakes so that he will not destroy the fruit of your ground, nor shall the vine fail to bear fruit for you in the field. Says the Lord of hosts and all nations will call you blessed. For you will be a delightful land Says the Lord of hosts." The reason for being a delightful land is that all will see and call you blessed. Be careful, because the enemy, Satan, is crafty he makes his followers appear successful to encourage the unbeliever. There are also wolves in sheep's clothing; beware. This scripture teaches us that God will even destroy those who are attacking you, devourers. This is the promised blessing. No lack. The cursed portion of this scripture in Malachi 3: 8-9, "Will a man rob God" Yet you have robbed Me; But you say in what way have we robbed You? In tithes and offerings. You are cursed with a curse. For you have robbed Me. Even this whole nation." Now, examine yourself, which side are you on? The curse or the blessing?

If you are in a place, either physically, mentally, or spiritually and nothing is working. Rebuke the enemy, in the name of Jesus Christ, and he must flee. 2 Chronicles 20:15 "The battle is not yours; it is the Lord's." if you are a believer." If you are not a believer, pray to become one, "Romans 10:9 "Confess with your mouth and believe in your heart that God raised Jesus from the dead." and let God, Jesus Christ, fight your battles. Mind you, they (evil) are not challenging you; they are challenging, His word, (God almighty).

The place and the people who constantly opposes God's word, quickly perishes. Remember, your life should be an illustration of what **He can and will do**, His ability, not yours alone. "We can do all things in Christ who strengthens us." You may not have all the answers, no one does, but knowing where to find them is extremely important. Winning any battle is being cognizant of the proper tools, in this case, weapons of warfare, at the apropos time. Timing is everything. Showing up too early or too late with the wrong weapons or no weapon can be devastating. So can not knowing where to find the right weapons. Knowledge is power and the key to knowledge is godly wisdom.

In Ephesians 3:20 "He can do exceedingly, abundantly above all you can ask or think." If we are here to show the world how dynamic He is and how true His Word is, that is exactly what it, the Word, will do, everything else, in opposition of His will and Word, will be destroyed.

## Finding the Happy Place

Finding that happy place can be a challenge. Does any of us really have it all figured out? Absolutely not. The object is trying to figure it out by utilizing some of the principles in this book and certainly obtaining and applying the methods in God's teachings, in the holy bible, to counter the bad days, the bad times with the positive fruitful words and deeds God offers to ensure us of a meaningful life is the objective. Our life is not just for us, it can be for others to learn and benefit from the blessings God has bestowed upon us. Being blessed is being a blessing to someone else as well. The ability to be a blessing is part of the rest that is spoken of in God's word.

When you are stressed, is it possible to find a happy place? There must be. It is possible to find things that will inspire you if you know where to look. The key is knowing where to look to find the answers and the strength to get there. The answers to life are written in a book called "The Holy Bible". This book is the perfect illustration of every kind of stress that exist. There are certainly good times and bad times and the answers for both. There are instructions on how to develop hope, faith, and endurance. What is the difference? Hope is wanting something, and faith is believing there is something. Well endurance is the strength to hold and wait for it. That is the hard part, hoping that it is really going to happen and the faith to believe and continue to believe in it through the tough times, and that my friend, is where your endurance steps in. Enduring the hard times is where your faith is developed. No one wants to hear that one, because depending on the challenge, that can be the most difficult time of all. The bible is an exceptionally large book, knowing where to find the most inspiring stories can be a challenge. In most bibles there is a concordance or a place which references categories; go there, second. I say second, because the first thing should be prayer. Ask God where to start. This may be the first time you have had an opportunity to develop a prayer life. This could be your very first official prayer. Wow: congratulations, if it is, that is exciting. This is where it can begin. Your relationship with the one who can become your best friend.

Something good, to make you feel good, is a good thing. The ability to reach for empowering forces to strengthen you in a positive way is life changing.

Sometimes taking your mind off the problem or concern enables you to re-evaluate the situation. A fresh look at the circumstances generally provides a better resolution. At the very least, other plausible elucidation.

When you have given it the absolute best, through prayer and supplication. Let go and let God. You can only be proud of yourself no matter what happens. You pulled out your best stops, utilized your best tools and that usually means you win. If you do not receive the desired outcome. It means something better is on the horizon. You cannot lose with the stuff you use, prayer and faith in Jesus Christ. Practice makes perfect. He never fails, and neither will you, when you bring it to Him in prayer. That is His request, that you bring all your woes and cares to Him. 1 Peter 5:7 “casting all of your care upon Him, because He cares for you.”

God bless and be encouraged. It is good news to know that He cares for you. It is always good to hear it again and again, even when you already know it. Sometimes when you need someone to listen, someone to love you, go to the word of God and search for the caring scriptures which supports how God feels about you.

Jeremiah 29:11 God wants us to be happy and blessed. He said so. He loves us, He states it throughout His Word. John 3:16 “For God so loved the world, that He sent His only begotten Son, so that whosoever believeth in Him would not perish but have eternal life.”



# Keep yourself in Love

## 1 Corinthians 13

**1** Though I speak with the tongues of men and of angels, and have not charity, I am become *as* sounding brass, or a tinkling cymbal.

**2** And though I have *the gift of* prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

**3** And though I bestow all my goods to feed *the poor*, and though I give my body to be burned, and have not charity, it profiteth me nothing.

**4** Charity suffereth long and is kind; charity envieth not; charity vaunteth not itself, is not puffed up.

**5** Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil.

**6** Rejoiceth not in iniquity, but rejoiceth in the truth.

**7** Beareth all things, believeth all things, hopeth all things, endureth all things.

**8** Charity never faileth: but whether *there be* prophecies, they shall fail; whether *there be* tongues, they shall cease; whether *there be* knowledge, it shall vanish away.

**9** For we know in part, and we prophesy in part.

**10** But when that which is perfect is come, then that which is in part shall be done away.

**11** When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

**12** For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

**13** And now abideth faith, hope, charity, these three; but the greatest of these *is* charity.

## About the Author Nikena Leason

I was a journalist major in college. I applied my education to creating and writing magazines and books.

As a woman who has inspired and directed many through biblically based books and philosophies.



I founded ***The Great Commission Ministries***, which offers a vast array of biblical teachings in books, music, and sermons.

My creative approach to teaching in children's books has helped to accomplish educational programs. My contribution to the educational discipline, has been in the form of textbooks, which are both innovative and educational.

### Other biblical books

"Words of Wisdom and Sermons from the Heart"

"Effective Prayer"

"Prayer"



*Obtaining a healthy balance is achieved with the ability to rest.*

*The true meaning of life is benefiting through living life.*

*Quality of life is living life in rest.*

